

Inside Child Care

Summer 2000

CHILD CARE HOME CORNER

FAMILY CHILD CARE HOME ACCREDITATION: IMPROVING YOUR BUSINESS; ENRICHING THE LIVES OF CHILDREN AND FAMILIES

By Anita R. Smith, Child Care Home Licensing Consultant

Seek
and
demand
quality
child
care

The National Association for Family Child Care (NAFCC) is a national membership organization for professionals in the family child care business. One of the goals of the association is to promote a professional accreditation program, which recognizes and encourages quality care for children. In 1999, NAFCC began using a new accreditation system that took nearly five years to develop. The new system recognizes family child care as the unique and essential world that home providers have known it to be for years.

Accreditation provides a framework to examine your child care home business and then to take steps to improve it. The self study phase measures areas like, relationships, the home environment, activities, developmental learning goals, health and safety, professionalism and business practices. The most exciting part is that you decide how and in what ways you improve your program. The process is remarkably personalized. The self study provides an avenue for you to see where your program is strongest and where it needs to be improved. Accreditation

is not only a tool, it is an accomplishment. It is important to recognize quality child care programs. Accreditation does just that, it brings programs to a higher standard and then honors them for doing so.

If you have been searching for something to tie all the pieces of your home child care program together, focusing on a mission that you feel is important; accreditation just might be for you. Programs that have been accredited have direction, are family focused and are recognized as top notch in their field. Currently Indiana is host to thirteen NAFCC Accredited homes.

For more information on NAFCC and its Accreditation program, visit them on the World Wide Web at <http://www.nafcc.org>, call or write to the address below:

National Association for Family Child Care
525 SW 5th Street, Suite A
Des Moines, Iowa 50309-4501
Phone: 515.282.8192

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- ...and more!



Parent Helpline
1-888-463-5473
Provider Information
1-877-511-1144
Institutional Abuse Hotline
1-800-562-2407

INDIANA'S 5-STAR ENVIRONMENTAL RECOGNITION PROGRAM FOR CHILD CARE FACILITIES CHILDCARE HEALTH AND SAFETY INFORMATION

Indiana's First Lady Recognizes Two Child Care Providers

First Lady Judy O'Bannon recognized two Marion County child care facilities in February, for their efforts in providing quality childcare. Both facilities, Robin's Nest Childcare Center and Conejo Creative Developmental Childcare, received 5 stars, the highest honor, for participating in the 5-Star Environmental Recognition Program for Child Care Facilities. "Running a childcare facility is a business and this program tells parents there are things to look for when you choose a place to care for your children," said Mrs. O'Bannon. Both facilities made simple steps to protect the health of the children while they are at day care. No longer allowing parents to idle their cars near the entrance of the facility and replacing mercury containing thermometers with digital are a few of the simple, inexpensive steps made by both facilities.

Fifty-one other homes, ministries, and centers throughout Indiana have also taken these simple steps and earned stars from the Indiana Department of Environmental Management.



The first of its kind in the nation, the 5-Star recognition program uses education and recognition to address potential environmental threats to children, such as lead in paint and drinking water, pesticides, mercury, asbestos, and radon. "Research tells us 90% of a child's brain develops by age 4," Judy O'Bannon said. "That is why it is essential to provide our children with a safe, nurturing environment. For many Indiana families, that environment is a child care

facility." Children are exposed to more pollutants in their food, water and air because they eat, drink and breathe more per pound of body weight than adults. They are more vulnerable to the harmful effects of toxic chemicals because their bodily defense mechanisms are not fully formed. Many of these threats are the same that can be found at home. By educating children and their primary care providers, the hope is also to reach their families so they can address problems wherever children grow, play and learn.

Any licensed child care center or home or registered ministry in Indiana can participate provided it gives full-time care to more than five children and is in compliance with state rules and regulations for child care facilities. The application, the environmental pledge, and the list of participants is available on the web at: <http://www.state.in.us/idem/kids>. Application and information can also be obtained from Karen Teliha at (800) 988-7901.

DO YOU DESERVE A LITTLE RECOGNITION?

53 Indiana childcare facilities were recognized in 1999 for their efforts to make their facilities environmentally sound for children. If you can make some simple steps at a minimal cost, your facility can be recognized this year! Here are some of the benefits you get in return...

- **Free advertisement!** Facilities participating in the program are recognized on the IDEM web site. When you enter the program, IDEM works with your local press to promote your facility's accomplishments to your local newspapers, radio stations, and television stations.

- **Free educational materials!** Once you apply you'll receive information for parents on lead, mercury, and other environmental hazards. You'll also receive placemats for each child.

- **Free compliance manual!** You'll also receive an easy-to-use reference manual that explains the regulations pertaining to your facility. Whether you're a home, ministry, or center, this manual will help you determine what regulations may apply to you and when.

- **Free lead risk assessment!** Licensed lead risk assessors are available to test your paint, dust, soil, and drinking water for lead hazards. If a lead hazard is found, the assessor will work with you to minimize the hazard at very minimal cost.

- **Free asbestos inspection!** For the first time, asbestos inspections are available specifically for this program. The inspection is free, but there may be a minimal charge for any samples that may be taken.

For more information or an application, call (800) 988-7901 or (317) 232-8172, or visit IDEM's web site at: www.state.in.us/idem/kids.

HAS YOUR CHILD CARE FACILITY TAKEN THE EXTRA STEPS TO PROTECT YOUR CHILDREN FROM ENVIRONMENTAL THREATS?

These have.

FSSA congratulates all those facilities participating in the Indiana 5-Star Environmental Recognition Program for Child Care Facilities. Below is a list of those who have achieved the highest honor, 5 stars. For a complete list of participants, please check the web at www.state.in.us/idem/kids.

County	Facility Name	City	Type	Award Date
Allen	Children's EduCare Center	Fort Wayne	Center	July - 99
Allen	Our Lady of Good Hope Early Childhood Ministry	Fort Wayne	Ministry	May - 99
Bartholomew	Kinder Care 0570	Columbus	Center	July - 99
Boone	Peppermint Palace Day Care & Learning Center	Lebanon	Center	July - 99
Brown	BCHS Child Care Center	Nashville	Center	May - 99
Brown	Wee Are The World, AEdu-Care	Nashville	Home	May - 99
Cass	O'Happy Day Childcare & Preschool, Inc.	Logansport	Center	May - 99
Daviess	Kidz Korner	Washington	Home	July - 99
Delaware	Sandy's Small Wonders Home Day Care	Parker City	Home	July - 99
Delaware	Wee Wisdom Nursery School and Child Care Center	Muncie	Center	July - 99
Floyd	Parkview Child Care Center	New Albany	Center	May - 99
Gibson	Dickman Daycare III & Teddy Bear Preschool	Fort Branch	Home	July - 99
Gibson	Lindsey's Home Day Care	Haubstadt	Home	May - 99
Hendricks	Community Childcare Center	Plainfield	Center	May - 99
Huntington	Kids Kampus	Huntington	Center	May - 99
Johnson	Discovery Child Development Center	Franklin	Center	May - 99
Knox	KCARC Civitan Children's Center	Vincennes	Center	July - 99
Marion	Conejo Creative Developmental Child Care	Indianapolis	Center	Jan. - 00
Marion	Robin's Nest Childcare Center	Indianapolis	Center	Jan. - 00
Monroe	Bloomington Developmental Learning Center	Bloomington	Center	May - 99
Monroe	Kybra Daycare	Bloomington	Home	July - 99
Monroe	Monroe County United Ministries	Bloomington	Center	July - 99
Monroe	Monroe County United Ministries/Preschool	Bloomington	Center	Oct. - 99
Pike	Little Bears Child Care	Petersburg	Home	Oct. - 99
Porter	That Loving Learning Place	Valparaiso	Home	May - 99
Posey	Children's Learning Center of Posey County	Mount Vernon	Center	July - 99
St. Joseph	Circle of Mercy	South Bend	Center	May - 99
St. Joseph	North Star	South Bend	Center	May - 99
Shelby	Mary's Care	Shelbyville	Home	Oct. - 99
Wayne	First Friends Child Care Center	Richmond	Center	Oct. - 99

Congratulations!

HEAD START CORNER

GETTING TO KNOW YOUR NEIGHBOR

Head Start Performance Standards

By Donna Hogle, Indiana-Head Start Partnership Grant Coordinator
(317-233-6837)

How many of you have rubbed shoulders with your local Early Head Start and/or Head Start? What do you really know about the program and its services? This federally funded project has been in many of your communities since 1964. Yet it is surprising how few people really know what these programs do! The purpose of this article and future articles is to expand your knowledge so you have a fuller comprehension of Head Start services and determine how you might work more closely with these programs. This article is intended to provide you with basic "101" information regarding the Head Start standards governing programs, purpose, and some basic data.

Performance Standards. Early Head Start/Head Start programs provide a constellation of comprehensive and interactive services for low-income families and their children ages birth to 5. During the 1970s federally legislated Program Performance Standards firmly established the basic elements of the Head Start model. These Standards provided universal definitions in terms of conditions constituting quality services for the over 2,112 community-

based Head Start organizations nationwide. In 1993 standards for children with disabilities were established to consolidate, clarify and update policies that had existed for the programs.

Since 1997 the Performance Standards now focus on three major areas in which Head Start programs must provide services: Early Childhood Development and Health Services; Family and Community Partnerships; and Program Design and Management. These areas will be discussed in future articles. The revised Standards incorporated conditions necessary for services to pregnant women, infant and toddlers, i.e., Early Head Start. All programs must annually evaluate their compliance with these standards.

Purpose. Even though the standards have been revised, the overall goal of the project has remained constant: to bring about a greater degree of social competence for enrolled children. Social competence refers to the child's everyday effectiveness in dealing with both his/her present environment and later responsibilities in school and life. Children receive a wide range of development and health services in order to accomplish the goal. Enhancing self-esteem, promoting love of learning, and establishing positive interpersonal relationships are some of the priorities for Head Start programs.

The standards establish guidelines related to the role of parents in Head Start. The overall focus is to enhance a parent's ability to be a competent parent, to care for her/his child adequately, and to move herself/himself out of poverty into self-sufficiency. Many formal and informal training and experimental opportunities are afforded to parents. Parents play a decision-making role in the directions of program. Head Starts work closely with community partners to assist parents in their movement to self-sufficiency.

Data. The following is a thumbnail sketch of program demographics. No less than 90% of families enrolling children in Head Start must have incomes at or below 100% of the federal poverty income guidelines. 10% of child slots in each program must be designated for children with disabilities. Early Head Start programs serve pregnant women, infants and toddlers. Head Start programs may serve children from birth to five.

All 92 Indiana counties are served by 36 Head Start grantee agencies. There are now eleven (11) Early Head Start programs in the state. The department of Health and Human Services (DHHS), Administration for Children and Families is the funding and monitoring source. Most Head Start programs do not provide full-day, full-year services due to the restrictions

of DHHS. Nearly 20% of the children were professionally diagnosed as having some disability. Over 12,000 children were served by Early Head Start/Head Start programs in 1998-99.

If you have not visited or talked with your Early Head Start or Head Start neighbor, please, make an effort to. Getting to know your neighbor can help build future partnerships and ultimately strengthen the quality of child services in our state.

If you are interested in obtaining a copy of the Head Start Performance Standards or the Disability Standards, you might contact your local program.



NEW CORNER:

CHILD CARING INSTITUTION/ GROUP HOME CORNER

One of the most important roles of the residential licensing unit is to provide guidance to individual agencies to assist them in attaining required licenses for their proposed facilities. One mechanism used by the licensing unit is the “plan of correction” (POC).

The POC is an administrative tool used by licensing to assess the facility’s compliance with minimum standards as mandated by policies, regulations/statutes, and rules. Equally important, the POC is used to offer recommendations for improving services that affect the residents in care.

A POC is left with your facility when the facility lacks full compliance. It must be completed, with specific corrective action taken, signed, and the original returned to the licensing unit, within 30 days. The POC is an important tool used to assure that all noncompliances have been addressed properly and safeguards are in place to reduce potential hazards to children and staff.

The Residential Licensing Unit’s primary goal is to assist with the licensing process and to help you and your staff in providing quality care for your residents.

(Contributed by Residential Licensing)

CENTER QUESTION: POLICY INTERPRETATION FOR CHILD CARE CENTERS CONTRACTUAL OR TEMPORARY EMPLOYEES

We have asked for a policy interpretation from our Division Director and our legal counsel. Child care centers that utilize a contractual or temporary employee to provide services to the children at the center (e.g. computer programs, gymnastics, or dance), must meet all personnel requirements for staff when:

- They are providing these services in a room or area that has been counted as licensed space for the facility’s capacity; or
- They are alone with a group of children in this area or in any way counted in the child/staff ratio.

If the contract person does not meet these requirements, child/staff ratios are to be maintained with qualified staff from the licensed child care center.

A center that utilizes a contractual or temporary employee to provide services to children in an area not counted as licensed space for the facility’s capacity does not have to meet these requirements. Centers shall accompany the children to the area where the service is provided and ensure that the contract person is aware of the children’s arrival. After activity or class, the center staff shall accompany the children back to the licensed center.

If you have any questions please contact your child care licensing consultant.

SHIGELLA OUTBREAK AT INDIANA'S CHILDCARE FACILITIES

Over the past 5 months over 500 confirmed cases of shigella were reported to the local health department. Shigella is a germ that is spread by infected food, water and unwashed hands (after bowel movement) when they touch the mouth.

Symptoms usually start 1-7 days after contact and may include fever, diarrhea, stomach cramps, nausea, and sometimes vomiting and blood or mucous in the stools.

The germ is so strong that it can live for days on common objects such as toys, toilet flush handles, faucet handles and doorknobs.

Children and/or staff with symptoms of infection should not be allowed in the childcare facility until they are diagnosed by culture. If the confirmed diagnosis is shigella infection then children and staff must be excluded until treated with antibiotic for five days and symptom free for three days. In addition staff must have two negative stool cultures before returning to work. The first culture is done 48 hours after antibiotics is completed and the second culture 24 hours after the first culture.

Surfaces such as faucets, toilet handles, doorknobs, toys, etc must be washed with soap and sanitized with an approved disinfectant.

Hand washing is most important especially after using the bathroom and after changing a diaper. Good hand washing before preparing food and before eating is necessary for all childcare staff and children. An adult must oversee the hand washing of young children.

Contact your State/local Health Departments or the Child Care Health Section for additional information or guidance.

Be Aware:

- Portable wading pools **must not** be used.
- Persons who have had diarrhea and vomiting in the previous two weeks must not use any swimming pools.

Information contributed by Marion County Health Department

CHANGE IN BLEACH SOLUTION:

Based on Indiana State Department of Health (ISDH) and Center for Disease Control (CDC) requirements 300 parts per million (ppm) bleach solution (one Tablespoon per gallon water) is now required for sanitizing cots, tables and toys that are not immersed. The paper test strip will show a dark 200 ppm. The following contact times must be followed:

- Sprayed surfaces must stand for one minute before wiping dry with a disposable paper towel.
- Wet wiped surfaces must stand two minutes before being wiped dry with a disposable paper towel.

(see chart for mixing instructions)→

Note: Facilities that use quaternary ammonia solution for sanitizing should continue to use 200 ppm.



SANITIZING SOLUTIONS

If you are using a bleach solution for sanitizing your facility, use the following concentrations. These solutions must be made daily using warm water. (Don't use cold or very hot water.) One person should be designated to make these sanitizing solutions. LABEL BOTTLES WITH CORRECT SOLUTION STRENGTH.

Dishes, toys and items you submerge in the bleach solution for one minute:

50 parts per million (check with chlorine test strips) (Approximately one-half teaspoon chlorine to one gallon water.)



Tables, food preparation areas, toys, cots and items you spray bleach solution on to sanitize:

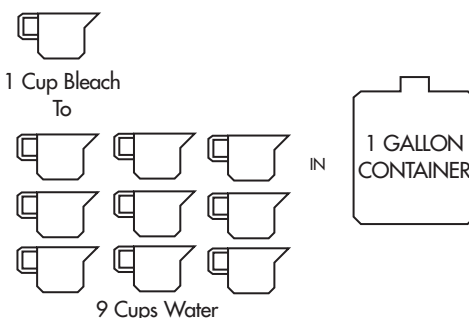
One tablespoon chlorine to one gallon water (Paper test strip will show dark at 200 ppm+)



*Universal Precautions: For areas contaminated with blood or blood products:

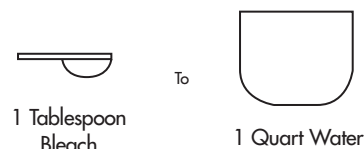
10% solution - label your spray container indicating this concentration (One cup bleach to 9 cups water in a one gallon container.)

Test strips will turn very dark and then turn back to white. Bottle must be dated when made and discarded after 24 hours.



Diaper changing table:

One (1) tablespoon bleach to one (1) quart water or equivalent germicidal. (If blood is visible, use 10% bleach solution shown above.)



If you are using a sanitizer other than a bleach solution, check with the Child Care Health Section for equivalent sanitizing solutions. Call 317-233-5414.

*This is a stronger concentration of chlorine than previously required. It has been changed to this concentration as recommended by the Centers for Disease Control federal guidelines and the Universal Precautions. DO NOT use this solution on tables, toys, cots, or food preparation areas. Use only for blood contaminated areas.

SIMPLE PRECAUTIONS CAN PREVENT HEAT INJURIES

As summer approaches, most of us think of outdoor activities, picnics, and general summer fun. However, in a child care setting we must also consider the heat index during our planning.

Children under the age of 10 are most likely to suffer a heat related injury due to their under-developed temperature regulating system. Children on medications such as antihistamines, depressants, vasodilators, etc., are also quite prone to heat related injuries.

Prevention is the key to avoiding heat injuries:

- Know the heat index. Outdoor time should be limited to 15-20 minutes when the heat index reaches 86 or above.
- Always have plenty of water with you when you're outdoors and ensure that the children take frequent water breaks.
- Avoid adding salt to meals because there is usually enough salt already in the food preparation process.
- Avoid direct sunlight on children and don't plan your outdoor activities during the hottest part of the day (usually between 11:00 a.m. - 2:00 p.m.).
- Know the signs and symptoms of heat injuries and pay close attention to children infant through 3 years of age. Also, children on medication must be monitored closely.

Summer can be an enjoyable time for kids. Taking some simple precautions can help ensure that outdoor activities are truly pleasurable.

GRACO SWING RECALL

Graco is offering a free, new safety restraint to replace the old restraints on swings with either the traditional A-frame or open top design. The new safety system has a buckle that assures the crotch strap is used each time the waist belt is buckled, so that infants are securely fastened into the swings.

Mass merchandise, juvenile products and major discount stores nationwide sold the Graco swings through approximately January 1998 for between \$70.00 and \$120.00.

Consumers should stop using the swing immediately. To receive the free safety restraint, consumers should call Graco at (800) 934-9082 anytime. You may visit Graco's web site at <http://www.gracobaby.com/serv/ga3rcal7.htm> or write to Consumer Affairs, Graco Children's Products Line Inc., P.O. Box 100, Elverson, PA 19520.

PLAYGROUND AUDITS FOR LICENSED CENTERS

In January of this year, we sent a letter regarding playground training and audits. By the end of March we will have trained approximately 350 people on playground safety. In the training we discussed hazards and the playground audits that we would be conducting.

Playground audits will be conducted on all playgrounds at licensed child care centers within the next twelve months. At the time of the audit, consultants will leave the center staff a plan of correction detailing the priority 1 hazards identified on their playground. The plan of correction should be completed and either mailed or faxed (317-232-4436) to the Indianapolis office as soon as possible.

Examples of priority 1 hazards are:

- Inadequate safety surface
- Any area that would cause a head entrapment
- A protrusion or projection that is capable of entangling children's clothing (more than two-thirds exposed on a bolt)
- Accessible pinch, crush, or shearing points
- Corrosion or visible rotting that has caused instability
- Cables, wires, ropes, or other similar flexible components that are not attached at both ends
- Wood or metal swings
- Tire swings that do not have proper clearance within the structure
- Any equipment that Consumer Product Safety Commission has published a warning regarding its usage (example: animal swings, trampolines, swinging exercise rings, or trapeze bars)
- Footings protruding above surfacing
- Inappropriate ground cover (grass, cement, asphalt, and dirt)
- No cushion under the seat of a fulcrum see-saw
- Lead paint present
- "S" hooks not closed
- Equipment not securely anchored
- Playground free of miscellaneous debris or litter

Children may continue to go outside as long as they do not play on any equipment that has been labeled a priority 1 hazard. If the consultant returns for a follow-up visit and finds children still playing on the equipment, the center will be placed on probation until the hazard has been fixed or removed.

If you have any questions, please feel free to call your licensing consultant. Let's work to make our playgrounds safe for Indiana's children.



NATIONAL STATISTICS

(AS REPORTED BY THE
NATIONAL RECREATION AND PARK ASSOCIATION)

- ♦ 17 DEATHS ANNUALLY ON PLAYGROUNDS
- ♦ 243,000 REPORTED PLAYGROUND INJURIES EACH YEAR
- ♦ EVERY 2 MINUTES A CHILD IS ADMITTED TO A HOSPITAL EMERGENCY ROOM DUE TO PLAYGROUND INJURIES
- ♦ 75% OF ALL INJURIES ARE DUE TO FALLS
- ♦ 41% OF INJURIES INVOLVE THE ARM AND/OR HAND
36% THE HEAD
23% OTHER BODY PARTS
- ♦ MAJOR CAUSES OF DEATH AND SERIOUS DEBILITATING INJURY:
FALLS TO UNDERLYING HARD SURFACE
ENTANGLEMENT OF CLOTHING
HEAD ENTRAPMENT
IMPACT BY MOVING SWINGS OR TIPPED OR LOOSE EQUIPMENT
- ♦ AGES OF THOSE INJURED:
67% AGE 5 TO 14 YEARS
27% UNDER 5 YEARS
4% 25 YEARS OR OLDER
2% 15 TO 24 YEARS
- ♦ NO SIGNIFICANT DIFFERENCE BETWEEN THE INJURIES SUSTAINED BY BOYS AND GIRLS
- ♦ CAUSES OF INJURIES (1990 - 1995 STUDY):
44% EQUIPMENT USE & LACK OF SUPERVISION
36% POOR MAINTENANCE
10% IMPROPER EQUIPMENT
6% POOR INSTALLATION
4% POOR LAYOUT



IT'S INSECT TIME IN INDIANA

It's that time of year again when everyone is beginning to stay outdoors for longer periods of time. It is also the time of year when insects are upon us. As childcare providers, it is essential that precautions be taken around your outdoor play areas to prevent the spread of disease, from flies, mosquitoes, rodents, and other vermin:

- Rid your outdoor play areas of all containers that can hold water (tires without drainage holes, holes under activity sets—swings, slides, climbers, open trash cans, barrels, etc.).
- Maintain your grass by ensuring that it is mowed and kept free of litter and trash.
- Contact a certified pest controller to assist with controlling the insect population in areas surrounding your facilities (drainage pits, water runoff sites, wetlands, etc.). If these services are used, children must not be in the areas being treated.
- Insect repellents may be used as long as you have the permission of parents/guardians and the child is not sensitive to the repellent.

Children are quite prone to disease due to their weak immune systems. Ensuring that your outdoor activity area is not a breeding ground for disease carrying pests can help provide a healthy and sanitary environment.

POOL SAFETY

Each year, nationwide, more than 300 children under five years old, drown in residential type swimming pools. One-third of children who are comatose on admission to a hospital after a near-drowning event, but survive, suffer significant brain damage. In addition, the annual lifetime cost attributable to drowning and near-drowning in children is almost \$400 million. The US Consumer Product Safety Commission (USCPSC) has found that most children under five who drown or are nearly drowned entered the pool through the unprotected side of the pool (the unprotected side of the pool is the side that directly faces the facility, where no fence is



**DROWNING IS A
SILENT DEATH.**

**THERE IS NO
SPLASHING TO
ALERT YOU THAT
A CHILD IS IN
TROUBLE.**

present between the pool and the facility). The USCPSC also found that in most instances, these children were last seen in the facility and were out of the adult's view for only a moment.

Childcare givers must be trained in CPR and water safety and staff-to-child ratios must be increased to ensure the safety of the children. Additionally, appropriate pool safety equipment must be available and a five-foot fence around all four sides of the pool should be installed.

Additional information is available by contacting the Child Care Health Section or your local Health Department.

Contributed by Early Childhood HealthLink

LOOKING FOR A WAY TO CONTINUE YOUR PROFESSIONAL DEVELOPMENT?



Would you like to go to college to earn a CDA credential or an associates degree in early childhood education?



Would you like a bonus and a raise as you complete the steps along your professional development journey?



Would you like a scholarship to make this dream affordable?

T.E.A.C.H. (Teacher Education and Compensation Helps) Early Childhood® INDIANA serves as an umbrella for a variety of educational scholarship opportunities for people working in licensed, registered, or legally exempt child care centers and homes. T.E.A.C.H. Early Childhood® INDIANA is currently offering two scholarship models. The Child Development Associate Credential (CDA) scholarship covers the cost of CDA classes at a college or university and the assessment fee. The other scholarship available through T.E.A.C.H. is the early childhood associate degree scholarship.

To qualify for a scholarship, a child care provider must be an Indiana resident, work 30 hours per week or more in a licensed, registered, or legally exempt child care setting, have a high school diploma or GED certificate, have an interest in enhancing their education, and be willing to commit to stay in the field of early childhood after the receipt of the scholarship.

Over 300 T.E.A.C.H. scholarships have been awarded in 58 different counties across Indiana since June of 1999 benefiting over 7,567 children in 175 different child care settings.

Child care providers from any county may apply for a T.E.A.C.H. Early Childhood® INDIANA scholarship.

Funding for the Indiana's T.E.A.C.H. project comes from the Indiana Child Care Fund, Inc., a public/private partnership launched on December 2, 1997, by Governor Frank O'Bannon together with private sector corporate champions.

Don't wait — call today!
Make your professional development dream a reality!

For more information or to request a scholarship application, please contact:

T.E.A.C.H. Early Childhood® INDIANA
Indiana Association for the Education
of Young Children
4755 Kingsway Drive, Suite 107
Indianapolis, IN 46502
317.356.6884 or 800.657.7577
Fax: 317.259.9489

INDIANA'S CHILDCARE COLLECTION

Indiana's Child Care Collection is a television series on child development that airs on all Indiana PBS stations each Tuesday and Thursday afternoon during the months of October and November each year. The series presents sixteen half-hour programs that address such issues as inclusion, DAP, school-age care, brain development and administration concerns. Child Care providers and early childhood teachers may be able to use this information to meet educational requirements for licensure or a CDA. There is also an accompanying book that can be used as a guide to the programs. This opportunity is funded in part by the State of Indiana and Ball State University, who encourage you to record the programs and use many times for training or as refresher information. The programs are also very appropriate for use as parent information or for anyone who touches the lives of young children. Videos of the programs are available for purchase in both English and Spanish. Indiana's Child Care Collection can help you create positive

and appropriate experiences for children both at home and in the classroom. For more information or to be added to the mailing list contact:

Christi Szakaly or Resa Matlock
Ball State University
Room TC 1004, Muncie, IN 47306
Phone: 765-285-7369 or 765-285-3529
Fax: 765-285-5455
e-mail: cszakaly@gw.bsu.edu

Watch for new collection and updated Universal Precautions Training tapes in the Fall.



CARING FOR THE CAREGIVERS— IPDS HELPS PROVIDERS GET CREDIT FOR TRAINING AND EXPERIENCE

Promoting quality care and early education by serving and recognizing the professionals who care for Indiana's children — that's the focus of the Indiana Consortium on Professional Development for Educators of Young Children.

After six years of planning, the non-profit organization was formed in September 1998 by a dedicated group of child care providers, educators, child advocates, and community leaders to improve the early child care and education profession in Indiana.

"We support and recognize providers who want to advance their training and education," said Consortium Executive Director Dee Love. "We also work collaboratively with other organizations to offer professional development supports and resources to those who care for the children of Indiana."

In order to fulfill its mission, the Consortium created and manages the Indiana Professional Development System (IPDS). IPDS provides the following services:

- A voluntary professional development registry that recognizes and documents the professional achievements of individuals in early care and education. IPDS also provides recognition certificates to showcase individual achievements.
- A voluntary training approval system to certify trainers, training events, and sponsoring agencies. It provides a statewide standard of content for training activities.
- A career lattice that provides certification and recognition at all professional levels.
- Recognition ceremonies to acknowledge the accomplishments of child care professionals when they achieve a new level on the career lattice.
- A network of early childhood professionals to connect professionals in meaningful ways.
- Higher education initiative to bring college and university professionals together to explore ways to facilitate training and the transferability of credit.

IPDS has more than 1,000 professionals registered in the Early Care and Education Registry and encourages all early care and education professionals to become a part of the system. The Bureau of Child Development funds the organization, as well as the Nina Mason Pulliam Charitable Trust. The grants enable IPDS to continue its outreach to providers in our state as well as to develop additional certification programs, including specialties in infant/toddler care and administration. IPDS is also implementing a new Child Care Development Specialist Registered Apprenticeship program recently launched through a federal grant from the U. S. Department of Labor as another option for training and support. For more information on any of the IPDS programs and services, please contact our office at (317) 637-4737 or 1-888-550-IPDS.



HELPING YOUR OVERWEIGHT CHILD

Helping kids develop healthy weight-management habits is one of the trickier—and more important—parts of parenting, says William Dietz, MD, PhD, obesity expert and professor of pediatrics at Tufts University School of Medicine in Boston. When kids are already overweight, the key is to help them develop new habits without making them obsess about dieting. Some tips from the experts:

Create meals high in whole-grain foods, fruits, and vegetables for the entire family, not just for an overweight child.

Demonstrate sensible portions by making just enough of the main course to go around.

Enlist the troops. Teens are more likely to eat the salad or stir-fry if they've made it. So organize "healthy cooking night" at least once a week. Involve your kids in the planning and cooking of a family dinner that emphasizes healthy choices.

Encourage them to eat breakfast. Kids who eat breakfast tend to avoid high-calorie snacking later.

Substitute healthier, ready-to-eat alternatives for high-fat, processed snacks. Keep a well-stocked bowl of fruit on the kitchen table and low-fat yogurt in the fridge. Try to get your kids involved in choosing tasty alternatives to the high-fat stuff.

Trim liquid calories. Replace high-calorie sodas and fruit drinks with

bottled waters. Substituting water or flavored, no-sugar-added seltzer for four cans of cola a day will save 600 calories—or 4,200 calories a week!

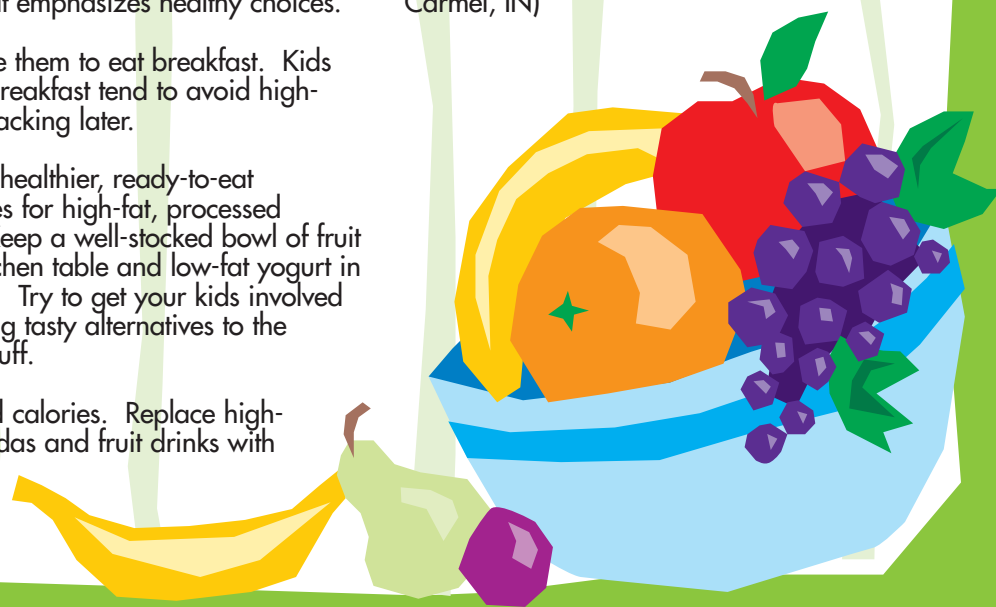
Pack "emergency rations." A piece of fruit and bottled water before lunch in the cafeteria can temper a runaway appetite.

Encourage fun exercise. Turn off the TV and get kids involved in active extracurricular activities. Even the most sedentary kids likes some sport or physical activity. Help her build skills and confidence so she does it regularly.

Give the teacher (you) an apple. Children generally eat and exercise like their parents.

Get professional help if a child is severely overweight or you're nervous about his or her eating habits.

(St. Vincent's Hospital, Carmel, IN)



TRAINING AND SUPPORT SERVICES OFFERED FOR REGISTERED CHILD CARE MINISTRIES

**Registered ministries can access
assistance with**

**Voluntary Certification, licensing, or
accreditation.**

Training, technical assistance, and support services are now available for registered ministries through a new statewide program funded by the FSSA and BCD. The program is facilitated by Early Childhood Alliance of Fort Wayne. Directors of new, proposed and operating ministries may request assistance in a number of business management, program, food service, and health & safety areas. Some of the topics are: budgeting, record keeping, curriculum development, special needs child care, children's nutrition, menu planning, sanitation and building maintenance.

A quality consulting team is available to offer one-on-one assistance in assessing programs and developing a strategic plan based on individual needs. For more information, call Pamela Benion, Early Childhood Alliance, 219-745-2501 or 800-423-1498.

WHAT DOES THAT LABEL MEAN?

Ever wish you had a secret decoder ring at the supermarket? Here's the next best thing.

Nutrition Facts labels make it easy to compare various brands of supermarket items and make the right choices in terms of calories, fat, sodium, and key nutrients. But what about those other key words and phrases on labels? Just as federal agencies set strict guidelines for those Nutrition Facts labels, they also have set criteria for other labeling language. Here's how to cut through the label lingo.

Sugar-free: Contains less than 0.5 gram of sugar per serving.

Calorie-free: Contains fewer than 5 calories per serving.

Low-calorie: Contains 40 calories or less per serving.

Reduced-calorie: Contains one-fourth fewer calories than the regular product.

Fat-free: Contains less than 0.5 gram of fat per serving.

Low-fat: Contains 3 grams of fat or less per serving.

Reduced-fat: Contains no more than 75 percent of the fat found in a comparable food.

Low in saturated fat: Contains 1 gram or less of saturated fat per serving, and no more than 15 percent of the food's calories come from saturated fat.

Reduced saturated fat: Contains no more than 75 percent of the saturated fat found in a comparable food.

Cholesterol-free: Contains less than 2 milligrams of cholesterol per serving and 2 grams or less of saturated fat per serving.

Low-cholesterol: Contains 20 milligrams or less of cholesterol per serving, 2 grams or less of saturated fat per serving, and 13 grams or less of total fat per serving.

Reduced-cholesterol: Contains 75 percent or less of the cholesterol found in the regular food and 2 grams or less saturated fat.

Sodium-free: Contains less than 5 milligrams of sodium/salt per serving.

Low-sodium: Contains 140 milligrams or less of sodium per serving.

Very low-sodium: Contains less than 35 milligrams of sodium per serving.

Reduced-sodium: Contains no more than 75 percent of the sodium found in the regular food.

High in: One serving provides 20 percent or more of the recommended Daily Value of this nutrient.

Good source of: One serving provides 10-19 percent of the recommended Daily Value of this nutrient.

Light or "lite": Contains one-third fewer calories or half the fat of the regular food. It could also apply to a "low-calorie" or "low-fat" food that contains 50 percent less sodium than the regular food. In all other cases, the package must specify whether the word "light" refers to color, texture, or other qualities.

Fresh: Food that is raw and has not been processed, frozen, or heated, and contains no preservatives.

Freshly: May be used with "baked" if the food has been made recently.

(St. Vincent's Hospital, Carmel, IN)



RECIPE CORNER

Dish: Broccoli Salad

Serves: 25 **Servings:** Serving size: 1/4 cup

Ingredients:

- 1 3/4 lb. Fresh Broccoli
- 1 cup Mayonnaise
- 1/2 cup Sugar
- 1 Tbsp white vinegar
- 1 Tbsp milk
- 10 ounces raisins
- 4 ounces Chopped walnuts (optional)
- 1/4 cup sliced red onions (optional)

Directions:

Wash broccoli. Cut into florets. Dice stems. Mix mayonnaise, sugar, vinegar and milk. Add to broccoli. Add raisins, walnuts (optional) and onions (optional). Stir to coat all pieces with dressing. Chill. (For best results, chill at least 2 hours before serving).

Provides a vitamin A vegetable serving.

Dish: Spanish Rice Casserole

Serving size: 1/2 cup

From the kitchen of: Cora Webster

Ingredients:

Serves 6

- 1 lb. Ground beef
- 1 small onion chopped
- 1/2 cup chopped bell pepper
- 1/2 tsp salt
- 1 qt. Cooked or canned tomatoes
- 1 Tbsp. Sugar
- 1 cup rice
- 1 cup shredded cheese

Serves 24

- 4 lbs. ground beef
- 4 small or 2 large onions
- 2 cups chopped bell pepper
- 2 tsp. Salt
- 4 qts. Cooked or canned tomatoes
- 4 Tbsp. Sugar
- 4 cup rice
- 4 cups shredded cheese

Directions:

Brown beef, add onion and bell pepper and cook until tender. Drain fat, add tomatoes and bring to a boil. Add rice, sugar, and salt. Simmer until rice is tender. Top with cheese.

A COOK'S DELIGHT! SECOND ANNUAL "PUTTING PIZZAZZ IN YOUR MEALS"

The Child Care Health Section and the Child and Adult Care Food program have teamed up to present a second exciting seminar for licensed child care centers and registered ministries this fall.

This one-day seminar will be held on Tuesday, September 26, 2000 at the Ritz Charles, Carmel, IN. It will include a child nutrition expert, a motivational speaker, and an afternoon of fun with cooking demonstrations. Hosted by Reid Duffy (Writer, Food Critic). Come and spice up your cooking talents and creativity.

You will not want to miss this day full of new ideas, up to the minute information and all that pizzazz! Call 317-232-0850 if you don't receive information in July.



**BACK BY POPULAR DEMAND:
FEEDING YOUNG CHILDREN SEMINAR
Year 2000 Dates Are Set**

See registration page below to sign up.
It may be copied or torn out and submitted or faxed to 317/232-4436.

"FEEDING YOUNG CHILDREN" SEMINAR

Dear Applicant:

The seminar, "Feeding Young Children" will include childhood nutrition, menu skills, eating behaviors, snack ideas, and state regulations. The afternoon will be devoted to kitchen sanitation and safe food handling.

To register for one of the following dates, please fill out the application below and return it to Child Care Health Unit, ATTN: Rosalie Diamond, R.D. There will be a recipe exchange during the day. You are asked to bring 50 copies of one of your favorite recipes. It must be for quantity cooking. If you have any questions, please call 317/233-5414.

TRAINING WILL BE HELD AT THE TRAINING CENTER - ROOM W141

Indiana Government Center South, 402 West Washington Street, Indianapolis, IN 46204

**REGISTRATION AT 9:30 A.M., EST
TRAINING 10:00 A.M. - 3:30 P.M., EST**

July 12, 2000 October 11, 2000

COMPLETE, DETACH & RETURN THIS PORTION TO: Child Care Health Unit, Division of Family and Children,
402 West Washington Street, Room W386, Indianapolis, IN 46204, ATTN: Rosalie Diamond, R.D.
or Fax to 317/232-4436.

Name of Facility _____

Address _____ City _____ State _____ Zip Code _____

County _____ Phone Number _____

Type of Facility (CIRCLE ONE): Licensed Child Care Center / Registered Child Care Ministry /
Group Home / Child Caring Institution / Private Secure Facility

Due to limited space, only two (2) persons per facility should attend.

Persons Attending: Name _____ Title _____

Name _____ Title _____

Training Date You Will Be Attending: _____

**This form must be received one week prior to requested training date.
You will be notified ONLY if training spaces are filled and you must select another date.**

NOTICE!

**ISDH HAS NEW FOOD
REGULATIONS**

All licensed child care centers and child caring institutions are required to follow the new rules. Rule 410 IAC 7-15.1 has been replaced by 410 IAC 7-20. Watch for your copy of the new rule (it is currently in print) and training information in a separate mailing later this summer.

**CARING FOR THE CHILD
WITH DIABETES**

*A program for supportive caregivers
offered quarterly by Methodist Diabetes
Center, Indianapolis, IN.*

This program is presented by a nurse and dietitian both certified in diabetes education. The program can be presented at your location and be customized to accommodate your audience needs. A unique opportunity to learn and feel more confident about providing safe and individualized care for the child with diabetes. The focus will be on the skills necessary for appropriate care.

Program dates are:

**June 24, October 14, 2000 and
January 27, April 28, 2001.**

**Cost for the program is \$10.00 per
person with lunch provided.**

For more information contact:

Mary Ellen Leppert, RN, CDE
(317) 929-5698, or email:
mleppert@clarian.com.

Q & As FROM THE REFEREE

Q: Can we use a non-filtered pool at our childcare facility?

A: NO! Non-filtered pools commonly referred to as portable wading or fill-in-draw pools, cannot be used in a facility that provides childcare to the public. Indiana State Department of Health swimming pool rule 410IAC6-2 requires that all pools have at least one water turnover rate per hour and that they are continuously and automatically disinfected with a measurable chemical.

Q: Are there devices we can use at our childcare facilities for water fun?

A: Yes. Use of sprinklers, garden hoses, sprinkling cans, water basin toys, etc., may be used as long as the activity is supervised and maintained in a safe and sanitary manner.

Q: Can I use the daycare's commercial dishwasher to sanitize bottles, collars, and nipples for reuse?

A: No. In order to destroy potentially harmful bacteria bottles, collars, and nipples must be sterilized, not sanitized. Sterilization can be done by either using a commercial bottle sterilizer or with water at a rolling boil. Commercial dishwashers only sanitize.

Q: What do I do with soiled clothing after a child has an accident?

A: Soiled clothing should be sealed in a plastic bag, kept inaccessible to children, and sent home for laundering. Loose fecal material may be shook into toilet, but clothing must not be rinsed in sinks or toilets. Additional handling and rinsing of soiled clothing increases the risk of fecal contamination in the center and potential spread of disease to staff and children.

UPCOMING DATES

"FEEDING YOUNG CHILDREN" SEMINAR: (see form inside)
(for child care centers, ministries and institutions/group homes)

July 12, October 11, 2000

Indiana Government Center South - Training Center, Rm. W141
317-232-4433 Fax 317-232-4436

NEW APPLICANT TRAINING:

(for proposed child care centers, registered ministries, group homes and child care institutions)

July 5, August 2, September 6, October 4, November 1, December 5, 2000

Indiana Government Center South - Training Center, Rm. W141
1-877-511-1144

CHILD CARE HEALTH SECTION AND ADULT FOOD PROGRAM SEMINAR:

(for licensed child care centers and registered ministries)

September 26, 2000

Ritz Charles, Carmel, IN

Family and Social Services Administration
402 W. Washington
Indianapolis, Indiana 46204

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